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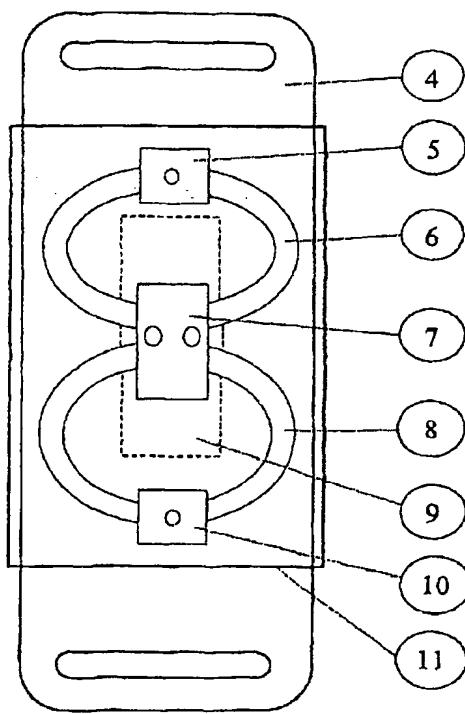
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(54) Title: A DEVICE AND A SYSTEM FOR DAMPING VIBRATIONS, IMPACT AND SHOCK

(57) **Abstract:** The invention relates to a device and a system for damping vibrations, impact and shock where two damping elements (6, 8) are attached to one end of an oblong plate (4) respectively, and connected via a central joining element (7) holding the device exposed to vibrations. The damping elements (6, 8) may be in the form of wire rings.



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